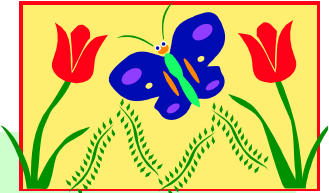


MOVE! MAKING HEALTHY FOOD CHOICES!



Living a healthier lifestyle does not mean that you have to eat less, run a marathon, or take away your favorite foods. Being 'Heart Healthy' means lifestyle changes. You can make permanent changes, and these changes can become habits!

Heart Healthy living includes exercising daily; eating more fiber; drinking more water; eating less meat and fewer greasy or fried foods; and using less salt.

Eat more fiber:

- Have 6-11 servings a day of grains. A serving size is equal to one slice of bread, ½ cup of cereal, or ½ cup of cooked pasta or rice.
- Eat 5 or more servings per day of fruit, vegetables, dry beans or peas.
- It is better to eat the fruit than drink juice when it comes to getting fiber.

Drink more water:

- Thirst is not always a good indicator of how much water you need, so throughout the day, drink eight-8oz cups of water. A high fiber diet can cause constipation without the addition of water.

Eat less fat, less saturated fat, and less cholesterol:

- Reduce saturated fat and cholesterol intake. Saturated fats are mostly found in animal products.
- Limit total fat such as margarine, oil, fried foods, gravy, and cheese sauces. Canola oil, olive oil, and peanut oil, are the most beneficial fats for your heart, but these are still fat so limit how much you use.
- Limit how much meat, cheese, butter, and whole milk you use. When eating meats, try to limit the cooked serving to the size of a deck of cards. Choose chicken, turkey, and fish more often, but do not to fry them.

Eat less salt:

- Too much salt can cause swelling, raise blood pressure, or cause problems with your heart.
- Use seasonings that do not contain the word "salt" to spice up your food. For example, choose garlic powder instead of garlic salt.
- Try to limit most processed foods. They are high in sodium (examples include regular frozen dinners, pot pies, macaroni and cheese, canned soups, and luncheon meats).
- Avoid adding salt during cooking or at the table.

Be active:

- Do the activities you enjoy! Try a variety of exercises. Ask your physician how much exercise you should do.
- Start gradually and increase slowly. If you can handle 5 minutes at first, that is fine. Keep it up. You will build more energy with time!
- Make exercise a daily routine. If you only exercise 3 times a week, you may put it off. Consistent exercise will help you have more energy.
- Exercise with a friend or family member. It can be a social activity!

Eat more often with smaller meals:

- Do not skip meals!
 - Eat three small meals with two or three small snacks between.
 - Try to eat a fruit and vegetable first; the fiber helps you feel full.
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Sample Menu

Breakfast

1 cup oatmeal
1 banana
1 cup skim milk
1 slice whole wheat toast
1 tsp. low fat margarine

Lunch

2 slices whole grain bread
1 slice turkey
1 cup salad (mixture of raw vegetables)
1 Tbsp. fat free or light Italian dressing
10 grapes

Snack

1 peach
1 cup sugar free,
low fat yogurt

Supper

3 oz roasted chicken (size of deck of cards)
½ cup green beans seasoned with basil
1 baked potato (The skin has fiber!)
1 Tbsp. fat free sour cream
1 cup canned light fruit (in own juices)
1 whole wheat roll
½ cup sugar free, low fat ice cream

Night Snack

3 cups light, low salt (low sodium) popcorn



**Be sure to read nutrition labels. Note the serving size first.
Look for calories, fat, saturated fat, cholesterol, and sodium content.**